

LOVE LAMBDA LOVE

Vol. 46 No. 11 - The Official English Student Newspaper of Laurentian University - February 14, 2009

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In the West

Valentine's Day also has regional traditions in the UK. In **Norfolk** a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

In **Wales** many people celebrate Dydd Santes Dwynwen (St Dwynwen's Day) on 25 January instead of or as well as St Valentine's Day. The day commemorates St Dwynwen, the patron saint of Welsh lovers.

In **France**, a traditionally Catholic country, Valentine's Day is known simply as "Saint Valentin", and is celebrated in much the same way as other western countries.

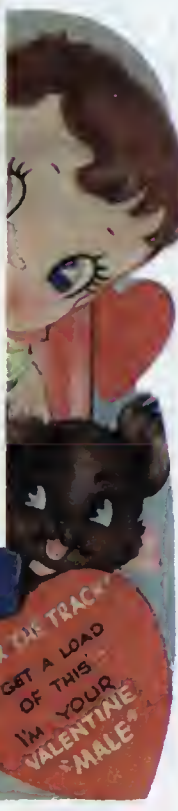
In **Denmark & Norway** Valentine's Day (14 Feb) is known as Valentinsdag. It is not celebrated to a large extent, but a lot of people take time to eat a romantic dinner with their partner, to send a card to a secret love or give a red rose to their loved one. In Sweden it is called Alla hjärtans dag ("All Hearts' Day") and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of cosmetics and flowers for this holiday are only bested by those for Mother's Day.

In **Finland**, Valentine's Day is called Ystävänpäivä which translates into "Friend's day". As the name says, this day is more about remembering all your friends, not only your loved ones.

In **Slovenia**, a proverb says that "St Valentine brings the keys of roots," so on February 14, plants and flowers start to grow. Valentine's Day has been celebrated as the day when the first works in the vineyards and on the fields commence. It is also said that birds propose to each other or marry on that day. Nevertheless, it has only recently been celebrated as the day of love. The day of love is traditionally 12 March, the Saint Gregory's day. Another proverb says "Valentin - prvi spomladin" ("Valentine — first saint of spring"), as in some places (especially White Carniola) Saint Valentine marks the beginning of spring.

In the Americas

The exchange of chocolates and flowers is traditional on Valentine's Day. The exchange of chocolates and flowers is traditional on Valentine's Day.



In **Brazil**, the Dia dos Namorados (lit. "Day of the enamored", or "Boyfriend's/Girlfriend's Day") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. This day was chosen probably because it is the day before the Saint Anthony's day, known there as the marriage saint, when many single women perform popular rituals, called simpatias, in order to find a good husband or a boyfriend.

In **Colombia**, the Día del amor y la amistad (lit. "Love and Friendship Day") is celebrated on the third Friday and Saturday in September, because of commercial issues. In this country the Amigo secreto ("Secret friend") tradition is quite popular, which consists of randomly

assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa).

In Asia

Thanks to a concentrated marketing effort, Valentine's Day has emerged in **Japan** and **Korea** as a day on which women, and less commonly men, give candy, chocolate or flowers. It has become an obligation for many women to give chocolates to all male co-workers. In Japan this is known as giri-choko (ã:ôùÉ'ÉáÉR), from the words giri ("obligation") and choko, ("chocolate"). This contrasts with honmei-choko (ñ{ñΩÉ'ÉáÉR); chocolate given to a loved one. Friends, especially girls,

may exchange chocolate referred to as tomo-choko (óFÉ'ÉáÉR); from tomo meaning "friend".

By a further marketing effort, a reciprocal day called White Day has emerged. On March 14, men are expected to return the favour to those who gave them chocolates on Valentine's Day. Originally, the return gift was supposed to be white chocolate or marshmallows; hence "White Day". However, lingerie and jewelry have become common gifts.

In South Korea, there is also Pepero Day, celebrated on November 11, when young couples give each other romantic gifts. There is an additional day for single people, Black Day.

"Love is composed of a single soul inhabiting two bodies."

Aristotle

Death to V-Day? Flip it over!

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with by the proper authorities.

ADDITIONALLY...

Lambda is produced in large
part with the help of kombucha,
pilates class at the Y, and orange
post-it notes. Lambda is going
on strike if Christian doesn't
win Project Runway. Special
thanks to Kayla Turpin for
being so amazing at Vagina
Monologue stage lighting.

Oh love! Oh lust! Oh consumerism!

Important V-Day note: *True Romance* is not a chick flick

Alex Taylor
Editor-in-Chief

The mid-February blahs have been replaced by two things. a) Valentines Day obsessing, and b) heaving sobs about how much homework I have. Plus, the V-Day obsessing isn't really even happening. I like Valentines Day because it's entertaining to watch *other* people obsess and waste money? I do of course appreciate all the extra love songs on the radio, and the extra-inappropriate conversations that seem to start around this time of the year (I won't tell you about the always-comes-up topic in my group of friends, but I will say that it rhymes with... pain-all. Irony alert!)

Being the social butterfly that I am when I'm not being a hermit, I'm going to the Dinner and a Show in the pub tonight - I confess that I have a bit of a heart-on for boys who play

acoustic guitar, and lo and behold, Dinner and a Show will host not one, not two, but THREE acoustic guitar players. Consider me seduced.

I hope you dig the paper this week - I decided fairly early on that I didn't want it to be all love and guts so I went for the fancy double cover and threw in some anti-Valentines Day things for the haters.

While we're on the topic, I thought I'd do some soul searching and throw out some of my 'favourite things about being in love' in order to effectively repulse as many people as possible. Is there anything better than your significant other coming home and saying "I found this and it made me think of you, so I bought it for you." Add to that the fact that these little presents were almost always used books and guuhhhhh. You know what I mean. So great.

Love also means finding a limited edition Nine Inch Nails album at Sam the Record Man's closing sale and being willing to

buy it for the boy because he has all the other ones even though you reaaaaalllllyyyy want to keep it for yourself. Okay, maybe I'm a pushover, but a lovely one!

Don't get me wrong though, I've done the unrequited love thing too. Pros and cons, pros and cons. Unrequited love is fun because you can sort of turn it into anything you want, be a creeper and plan your non-existent life together. Cons are that the feelings are usually for close friends, sometimes best friends. This can go either way; either you feel like you don't exist and eventually accept defeat and cry for two weeks, or you get drunk and text message them and they confess that they like you back. Okay, sometimes it's more romantic than that (Jim and Pam anyone?) but sometimes the awkward confession makes for the best, most honest conversations.*

*Lambda is not responsible if it blows up in your face

Anyway, my only advice for the people who are making plans for today is to keep it simple -

Like with New Years, when you put too much pressure on a day or an event, it usually disappoints. Things seem to work out best when you're just in it to enjoy yourself and have fun. No pressure but Dinner and a Show is sure to be a good time for everyone - head to the SGA office for tickets. There's also lots of things going on in town so have a good time!

Final unrelated note - Edwin and Low Level Flight are playing at the Townhouse on Friday. More importantly, the lead singer of Low Level Flight is none other than Ryan Malcolm, the original and oft-forgotten winner of the first Canadian Idol. Whether you like the show or not, there's no denying that Ryan had something special and he's continued to prove that. I'm not going to pretend like I don't have a HUGE crush on him, but truthfully, the show is worth seeing just to hear him sing. Check it out!

Yours Always,
Alex

I Am A Zombie Filled With Love

Isaac Marion
www.burningbuilding.com

I am a zombie, and it's not so bad. I'm learning to live with it. I'm sorry I can't properly introduce myself, but I don't have a name anymore. Hardly any of us do. We forget them, like anniversaries and PIN numbers. I think mine might have started with a "T", but I'm not sure. It's funny, because back when I was alive, I was always forgetting other people's names. I am finding that irony abounds in the zombie life, an ever-present punch line. But it's hard to smile when your lips have rotted off.

Before I became a zombie, I think I was a businessman or young professional of some kind. I think I worked in one of those stifling office jobs in a highrise somewhere. The clothes clinging to the remains of my body are high-quality business-casual. Fine gabardine slacks, silvery silk shirt, red Armani power tie. I would probably look pretty sharp if my intestines weren't dragging at my feet. Ha.

We like to joke and speculate about our remaining outfits, since these final fashion choices are usually the only indication of who we were before we became no-one. Some people's are less obvious than mine. Jeans and a white t-shirt. Skirt and a tanktop. So we make random guesses.

You were a plumber. You were a barista. Ring any bells?

It usually doesn't.

No one I know has any specific memories. We recognize some things - buildings, cars, ties - but context eludes us. We are here, we do what we do. We lack excellent diction, but we can communicate. We grunt and groan, we make hand gestures, and sometimes a few words slip out. It's not that different from before.

There are a few hundred of us living in a wide plain of dust outside some large city. We don't need shelter or warmth, obviously. We stand around in the dust, and time passes. I think we've been here for a long time. Despite my dragging entrails, I am in decay's early stages, but there are a few elderly ones here who are little more than skeletons with clinging bits of muscle. Somehow, it still extends and contracts, and they keep moving. I have never seen any of us "die" of old age. Maybe we live forever, I don't know. I don't think much about the future anymore. That's something that's very different from before. When I was alive, the future was all I thought about. Obsessed about. Death has relaxed me.

But it makes me sad that we've forgotten our names. Out of everything, this seems to me the most trag-

ic. I don't miss my own, but I mourn for everyone else's, because I want to love them, but I don't know who they are.

Today a group of us are going into town to find some food. How this expedition begins is one of us gets hungry and starts shuffling toward town, and a few others follow him. Focused thought is a rare occurrence with us, and we follow it when we see it. Otherwise we would just be standing around groaning. We do a lot of standing around groaning, and it's frustrating sometimes. Years pass this way. The flesh withers on our bones, and we stand around, waiting for it. I am curious how old I might be.

The city where the people live is not that far. We arrive around noon and start looking for living flesh. The new kind of hunger is a strange feeling. You don't feel it in your stomach - of course not, since some of us don't even have stomachs. You feel it just...everywhere. You start to feel "more dead". I've watched some of my friends go back to being full-dead, when food is scarce. They just slow down, and stop, and become corpses again. I don't really understand it.

I guess the world has mostly ended, because the cities we wander through are decaying as fast as we are. Buildings are collapsed. Dead, rusted cars fill the streets. All glass everywhere is shattered. I don't know if there was a war, or a plague, or if it was just us. Maybe it was all three. I don't know. I don't think about things like that anymore.

In a cluster of broken down apartment buildings we find some people, and we eat them. Some of them have weapons, and as usual we lose some of our number, but we don't care. Why would we care? What's death, now?

Eating is not a pleasant business. I chew off a man's arm, and I hate this, it's disgusting. I hate his screams, because I don't like pain, I don't like to hurt things, but this is the world now, this is what we do. Of course, if I don't eat all of him, if I leave enough, he'll rise up and follow me back to our dusty field outside the city, and that might make me feel better. I'll introduce him to everyone, and maybe we'll stand around and groan for a while. It's hard to say what "friends" are anymore, but maybe that's close. If I don't eat all of him, if I leave enough...

But of course I don't leave enough. I eat his brain, because that's the good part. That's the part that, when I swallow it, makes my head light up with feelings. Clear memories. For about three to ten seconds, depending on the person, I get to feel

alive. I get traces of delicious meals, beautiful music, perfume, sunsets, orgasms, life. Then it fades, and I get up and stumble out of the city, still dead, but feeling a little less so. Feeling ok.

I don't know why we have to eat people. I don't understand what chewing off a man's neck accomplishes. We certainly don't digest the meat and absorb the nutrients. My stomach is a rotted bag of dried bile, useless. We don't digest, we just eat until the weight forces it out our ass holes, and then we eat more. It feels so useless, and yet it keeps us walking. I don't know why. None of us really understand why we are the way we are. We don't know if we're the result of some kind of global infection, or some ancient curse, or something even more senseless. We don't talk about it much. Existential debate is not a major part of zombie life. We are here, and we do things. We are simple. It's nice sometimes.

Outside the city again, back with the others in the dust field, I start walking in a circle for no reason. I plant one foot in the dirt and pivot on it, around and around, kicking up clouds of dust. Before, when I was alive, I could never have done this. I remember stress. I remember bills and deadlines, Asset Retention Reports. I remember being so occupied, so always, everywhere, all the time occupied. Now I'm just standing in a wide-open field of dust, walking in a circle. The world has been distilled. Being dead is easy.

After a few days of this, I stop walking, and I stand still, swaying back and forth and groaning a little. I don't know why I groan. I'm not in pain, and I'm not sad. I think it's just air being squeezed in and out of my lungs. When my lungs decompose, it will probably stop. And now, while swaying and groaning, I notice a dead woman standing a few feet away from me, facing the distant mountains. She doesn't sway or groan, her head just lolls from side to side. I like that about her, that she doesn't sway or groan. I walk over and stand beside her. I wheeze some kind of greeting, and she responds with a lurch of her shoulder.

I like her. I reach out and touch her hair. She has not been dead very long. Her skin is grey and her eyes slightly sunken, but she has no exposed bones or organs. Her death outfit is a black skirt and a snug white button-up. I suspect she used to be a waitress.

Pinned to her chest is a silver nametag.

I can read her name. She has a name.

Her name is Emily.

I point to her chest. Slowly, with great effort, I say, "Em...ily." The word rolls off what's left of my tongue like honey. What a good name. I feel warm saying it.

Emily's cloudy eyes widen at the sound, and she smiles. I also smile, and then maybe I'm a little nervous because my femur snaps and I fall backwards into the dust. Emily just laughs, and it's a choked, raw, lovely sound. She reaches down and helps me to my feet.

Emily and I have fallen in love.

I'm not sure how this happens. I remember what love was like before, and this is different. This is simpler. Before, there were complex emotional and biological factors at work. We had long checklists and elaborate tests to be passed. We looked at hairstyles and careers and breast sizes. And sex was there, in everything, confusing everyone, like hunger. It created longing, it created ambition, competition, it drove people to leave their houses and invent automobiles, space craft, and atom bombs when they could instead just sit on the couch until they died. Animal cravings. Subconscious urges. Sex made the world go 'round.

This is all gone now. Sex, once a force as universal as gravity, is now irrelevant. Ambition and longing have left the equation. My penis fell off two weeks ago.

So the equation is deleted, the blackboard erased, and things are different now. Our actions have no ulterior motives. We shuffle around in the dust and occasionally have lumbering, grunted exchanges with our peers. No one argues. There are no fights, ever.

And Emily is not a complicated process. I just see her, and walk over to her, and for no reason, really, I decide I want to be with her for a long time. So now we shuffle around in the dust together instead of alone. For whatever reason, we enjoy each other's company. When we have to go into town to eat people, we do it at separate times, because it's unpleasant, and we don't want to share that. But we share everything else, and it's nice.

We decide to walk to the mountains. It takes us three days, but now we are standing on a cliff looking up at a fat white moon. At our backs, the night sky is red from distant cities burning, but we don't care about that. I clumsily grab Emily's hand, and we stare at the moon.

There's no real reason for any of this, but like I said, the world has been distilled. Love has been distilled. Everything is easy now. Yesterday my leg broke off, and I don't even mind.

James Lockyer to speak at Laurentian on February 28th

James Lockyer, champion of the wrongly convicted, to speak at Laurentian University on February 28, 2008.

James Lockyer is a Toronto lawyer, founder of the Association in Defence of the Wrongly Convicted (AIDWYC) and counsel to many of the most prominent exonerated wrongfully convicted Canadians.

Lockyer will speak at Laurentian University on February 28, at 7 p.m., in the Fraser Auditorium.

This lecture is free and open to the public.

Lockyer has been involved in a number of high profile wrongful conviction cases and is most recently known for defending Guelph's Steven Truscott,

who was acquitted of the 1959 killing of Lynne Harper by the Ontario Court of Appeal in last August. Lockyer has also been involved in the wrongful conviction cases of Guy Paul Morin, David Milgaard, Clayton Johnson and Gregory Parson.

Lockyer is the founding director of the Association in Defence of the Wrongly Convicted (AIDWYC) a national organization that advocates for justice.

He received an honorary doctorate of laws from U of G in February 2007. Before moving into private practice as a criminal lawyer, he taught law at McGill University and the University of Windsor.

"James Lockyer has made a

mark on the Canadian legal system through his advocacy around the issue of wrongful convictions," said Byron Sheldrick, chair of the Department of Political Science at Guelph.

"He has made an immeasurable contribution, both to those individuals who have been vindicated as a result of his efforts as well as improving the quality of our legal system and ensuring that it continues to shine a spotlight on itself."

"Lockyer is a great speaker and very engaging. This event is a great way to start off the semester on a high note by giving students a chance to hear a talk by someone who is a leader in their field."

Lockyer is a great speaker

and very engaging. This event is a great way of giving students and the public a chance to meet a leader in the field of law.

This lecture is hosted by the law and justice department and the Office of the dean of social sciences and humanities.

For more information, please contact the law and justice department at (705) 675-1151, ext. 4108.



Laurentian announces 07-08 Dean's Scholars

Laurentian University hosted a reception today in honour of its 2007-2008 Deans' Scholars and Millennium Awards recipients.

The National Deans' Entrance Scholarships for Excellence are awarded to five students who demonstrate exceptional academic qualities and leadership in their school and community. They must maintain an average of 90 % or more in their six best 12 U/M courses and must be nominated by their high school principal.

The five winning students receive mentorship from the dean of the faculty in which they are enrolled, are guaranteed a single room in residence and have their own study carrel in the J.N. Desmarais Library. The Deans' Entrance Scholarships for Excellence are valued at \$5,000 each, and are renewable for four years.

The recipients of the 2007-2008 National Deans' Entrance Scholarships for Excellence are:

Excellence in Arts - Humanities

Miranda McKenzie (Collège Notre-Dame, Sudbury)

Excellence in Arts - Social Sciences

Laura Cirelli (Confederation S.S., Val Caron)

Excellence in Professional Schools

Chelsea Beaton (École secondaire publique Gisèle-Lalonde, Ottawa)

Excellence in Science and Engineering

Andrew Mulloy (Lockerby Composite School, Sudbury)

Excellence in Management

Claudie Lavigne (Collège Notre-Dame, Sudbury)

The 2007-2008 recipients of the Millennium Excellence In-Course Awards are Letizia Yiu, Haley Kuntz and Kathryn Anderson. These awards are given to students who have not been previously recognized with a substantial merit scholarship. They have been specifically created for those students who, after enrolment in a post-secondary program, begin to demonstrate qualities of leadership, community involvement, innovation and academic achievement that inspire others, be it on campus or in their community. Each Millennium Award is valued at \$4,000-\$5,000 and may be renewable.

Souper-causerie sociologique (Sociological dinner-discussion)

You are invited to attend a "Souper-causerie sociologique" (sociological dinner-discussion) on Friday, February 29, 2008, at Olga's Restaurant, 606 Kathleen Street, Sudbury:

Welcoming: 4 p.m.
Discussion: 4:30 p.m.
Dinner: 6:30 p.m.

Admission: \$15 and \$8 for students

Three Laurentian University lecturers will lead a discussion in French on the theme of the quality of the French language and the evolution of Francophone culture.

Lecturers:

Julie Boissonneault
Professor, French studies

department

Michèle Minor-Corriveau
Speech-language pathologist and instructor, French studies department

Derek Wilkinson
Professor, sociology department

The sociological dinner-discussion is a great way to exchange ideas, develop your critical thinking and broaden your horizons.

Only 50 tickets will be sold.

For tickets or more information, please contact François Dépelteau at (705) 675-1151, ext. 4228 or Dominique Potvin, ext.4398, professors in the department of sociology.

2nd Annual

Celebrity Roast

... at the expense of "Dr. Dave" Pearson

(Geologist, Professor, Science North Stalwart, T.V. Host and Environmentalist)

Thursday, February 21, 2008
Steelworkers Hall, Froid Road

Cocktails at 6:00 p.m.

Dinner at 6:30 p.m.

Enjoy a silent auction and some spectacular surprises!

Tickets are \$80.00 each
(a portion of the ticket price is tax receiptable) available at:

Easter Seals Ontario
887 Notre Dame Unit F
(behind Midas Muffler)

For more information contact:
Easter Seals 566-8858



Helping Kids with Physical Disabilities Succeed



NORTHERN LIFE

The 2nd Annual Celebrity Roast for Easter Seals Kids at the expense of "Dr. Dave" Pearson (Geologist, Professor, Science North Stalwart, TV host and Environmentalist), will take place on Thursday February 21st at the Steelworkers Hall on Froid Road.

Cocktails at 6:00 p.m. Dinner at 6:30 p.m. Enjoy a silent auction and some spectacular surprises!

Tickets are \$80.00 each or \$640.00 for a table of 8 (a portion of the ticket price is tax receiptable/tax-deductible) and are available at Easter Seals Ontario, 887 Notre Dame Ave. Unit F. For more information contact Easter Seals at 566-8858.

Event sponsors include United Steelworkers of America, TTC Advertising, Laurentian University & Science North

"Love doesn't make the world go round. Love is what makes the ride worthwhile."

Franklin P. Jones

National Flag Day of Canada: Eh? Canadians' Patriotism is of the Quiet Kind

When is National Flag of Canada Day? Most Canadians don't know; most people don't talk about it, they don't think about it and they don't fly the flag.

Judy Anderson, Director of Programming for the Talk About Canada! TM Scholarship Quiz thinks there are a number of reasons for this. "Flag Day is February 15th and is overshadowed by Valentine's Day. It's cold and snowy and people don't want to be outside on a ladder putting up a flag. The biggest reason, of course, is that we are Canadian and we don't indulge in "hand-over-the-heart" patriotism."

Until 1965 Canada didn't have its own flag. In 1964 Lester Pearson, our prime minister and winner of the 1957 Nobel Peace prize, decided to introduce a new flag as a means of promoting national unity and pride. He wanted it to be "distinctive and unmistakably Canadian".

According to Anderson, "Although we now take it for granted, the idea of a new flag was not an instant success. In

Winnipeg, 2000 Royal Canadian Legionnaires stood up and booed Pearson. In parliament the acrimonious Great Flag Debate lasted six months until it was ended by closure. The designer, George



Stanley, received death threats from angry imperialists who did not want to give up their ties to Britain. Diefenbaker, the previous Prime Minister, was so incensed that at his funeral his coffin was covered by the Maple Leaf flag with the Red Ensign laid on top – an insult from the grave."

These kinds of stories are what Anderson is interested in when she searches for new questions for the quiz. My goal for the Talk About Canada! TM Scholarship Quiz is to show the excitement and the emotion of our history."

What is the best way to spend National Flag Day of Canada this year according to Anderson? "Go on-line at www.talkaboutcanada.ca and celebrate by learning more about Canada."

Operation Dialogue is a non-profit organization, which was founded in 1998 by a group of committed Canadians interested in promoting dialogue among Canadians on what it means to be Canadian. The charity's board of directors is led by Warren Goldring, chairman and co-founder of AGF Management Limited. It is the sponsor of the annual Talk about Canada! TM Scholarship Quiz which offers as prizes tuition for post-secondary education. To enter the contest, visit www.talkaboutcanada.ca, or for more information, visit www.operation-dialogue.com.

Stay safe next week

HRSRH Alerts Post-Secondary Students to Dangers of Binge Drinking

The annual rite of passage that is Spring Break will soon be underway for some post-secondary students in Sudbury, with many enjoying the break away on vacation independently for the first time. The Hôpital régional de Sudbury Regional Hospital (HRSRH) Emergency and Trauma Programs wish students a safe, healthy and fun Spring Break. They caution, however, that the line between responsible moderation and unhealthy excess is easily crossed.

An unhealthy over-indulgence of alcohol – known as "binge-drinking" – is typically defined as the consumption of more than 4 drinks for women, and 5 for men, during one drinking episode. Medical Director of the HRSRH Emergency Department, Dr. Chris Bourdon, says it is important to share information about the potential for adverse health consequences resulting from excess alcohol consumption.

"Unfortunately we do see an increased incidence of alcohol related illness and trauma at this time of year," states Dr. Bourdon. "The reality is this behaviour is going to take place, so we want to emphasize that if you are going to drink, practice moderation, be in a safe environment, know the people you are with, know what you are drinking and where it came from, and mostly, know when to stop."

Binge-drinking may lessen inhibitions and limit self-control and judgement. Injuries vary from minor to life-threatening, possibly even fatalities. According to Bourdon, the results of such behaviour can include motor vehicle collisions, falls, alcohol poisoning, and sexual assault, among others.

The HRSRH Emergency and Trauma Programs remind students to practice moderation, enjoy your time off, and stay safe this Spring Break.

Sudbury Wolves "Feel Better" Campaign Wraps Up

Sudbury --- Thanks to the Sudbury Wolves and Grand & Toy, over five hundred children receiving care at the Hôpital régional de Sudbury Regional Hospital (HRSRH) have had their spirits raised with tickets to Wolves home games.

"We'd like to thank Grand & Toy for partnering with us on this special campaign," says Blaine Smith, Sudbury Wolves Vice-President. "We hope the campaign has had its intended effect, which is simply to help make sick kids feel better."

Patients in the Pediatric Unit, Pediatric Oncology Unit of the Regional Cancer Program, and clients at the Children's Treatment Centre have all received tickets during the campaign, which also featured visits from players and Sudbury Wolves mascot Howler.

The Hôpital régional de Sudbury Regional Hospital (HRSRH) thanks the Sudbury Wolves and Grand & Toy for their generosity and anticipates the return of the Feel Better campaign during the Wolves' 2008/2009 campaign.

The Sudbury Wolves and HRSRH wish to remind patients who may still hold tickets that the final Wolves regular season home game will take place March 7, 2008. Dates, times and opponents can be found at www.sudburywolves.com.

Graduate Studies with supporting scholarships

It starts here.

At the **University of Ottawa**, most graduate students benefit from unparalleled funding opportunities ranging from \$14,000 to \$22,000 per year. Some departments offer even more!



uOttawa

www.uOttawa.ca

"Love is the flower of life, and blossoms unexpectedly and without law, and must be plucked where it is found, and enjoyed for the brief hour of its duration."

D. H. Lawrence



XStrata Nickel Memorial Lecture Series hosts James Bartleman

James K. Bartleman to speak on civil society and First Nations education

Laurentian University is pleased to invite all members of the community to the Xstrata Nickel Memorial Lecture Series featuring the Honourable James K. Bartleman, on Tuesday, March 18, 2008, at 7:30 p.m., in the Fraser Auditorium. Mr. Bartleman will speak on the topic of Civil Society and First Nations education in northern Ontario.

Admission to the lecture is free and tickets are available on a first-come, first-serve basis, at the following locations throughout the Sudbury region: Laurentian University Bookstore and J.N. Desmarais Library; Science North; Cambrian College Registrar's Office; Collège Boréal Registrar's Office; and most branches of the Greater Sudbury Public Library.

During his term as the 27th Lieutenant Governor of Ontario, from 2002 to 2007, Mr. Bartleman became one of the strongest advocates for Native education and those suffering from depression. He focused on efforts to eliminate the stigma of mental illness, fight racism, and encourage young Native people.

He launched two highly successful book drives, collecting over two million books for First Nations communities in Ontario, Nunavut, and northern Québec. His school twinning program has linked over 140 Aboriginal schools in Ontario and Nunavut with non-Aboriginal schools across Ontario, thereby building bridges between these communities. He also established 36 summer literacy camps in 28 First Nations in Ontario's Far North, and launched Club Amick, a reading club for over 5000 Aboriginal children in that region. Both initiatives will run for five years. In October 2002, Mr. Bartleman published *Out of Muskoka*, an account of his early life, and has since written three other volumes of memoirs: *On Six Continents*, *Rollercoaster* and *Raisin Wine*. He has donated all book royalties to the causes he promoted as Lieutenant Governor. He was recently appointed Chancellor of the Ontario College of Art and Design (OCAD), is an Advisory Committee Member to the Mental Health Commission of Canada, member, Board of

Governors, Centre for Addiction and Mental Health, and National Patron of the Dolly Parton Imagination Library in Canada. James K. Bartleman was named Visiting Fellow in Native Leadership at Laurentian University in November, 2007.

Born in 1939 in Orillia, Ontario, James Bartleman grew up in the Muskoka village of Port Carling and is a member of the Mnjikaning First Nation. He graduated in History from the University of Western Ontario in 1963. He had a distinguished 35-year career in Canada's Foreign Service, serving as Foreign Policy Advisory to the Prime Minister and in postings on six continents. Rising from humble circumstances, he came to hold the highest rank of any Canadian Aboriginal person in Canada's Foreign Service.

On December 14, 2006, Xstrata Nickel announced the contribution of \$100,000 to Laurentian University in order to permanently endow the Xstrata Nickel Memorial Lecture Series. In turn, the university matched that amount with funds that were in the Falconbridge Lecture trust

account.

By formally creating an endowment for the Xstrata Nickel Memorial Lecture Series, the Greater Sudbury community will continue to benefit from these free lectures in perpetuity.

The Falconbridge Lectures were established in 1978 with donations made by Falconbridge Ltd., employees, families and friends in memory of five employees who died in an aircraft accident, near Barrie, Ontario, on September 7, 1977.

The purpose of the lectures is to bring eminent figures from academic circles, the business community, public life, the professions and the arts to Sudbury. Sixty-nine speakers, including notables such as John Kenneth Galbraith, Margaret Atwood, Benjamin Spock, Jessie Jackson, Jane Goodall, Boutros Boutros-Ghali, and more recently Roméo Dallaire and Roberta Bondar, have lectured over the



years. Admission to the lectures is free, ensuring that members of both the Laurentian and the Greater Sudbury community have the opportunity to attend. In addition, students studying in a discipline related to the speaker's area of expertise have a chance to meet and hear from the speaker in a format that is conducive to a more in-depth sharing of knowledge.

Seniors Mentoring Int'l Students

A \$24,300 federal grant through the New Horizons for Seniors Program was received by St. Joseph's Villa of Sudbury to initiate a 'Seniors Mentoring International Students Program'.

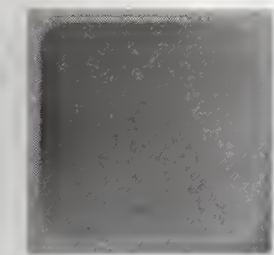
St. Joseph's Villa residents will act as mentors with international students from Laurentian University in the way of nutrition, cultural exchange, and the use of the English language.

A traditional Shrove Tuesday Pancake Breakfast at the Villa launched this exciting community partnership with students from Laurentian University's Level 3 English for Academic Preparation Program. The students had the opportunity to meet their mentors and become familiar with the history behind Shrove Tuesday, while feasting on pancakes.

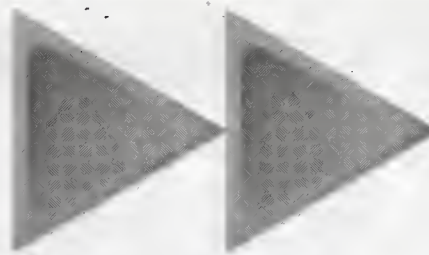
"This initiative will provide our seniors the opportunity to share their history, to experience the preparation and tasting of ethnic foods, gain knowledge of other cultures and develop long term friendships. Students will have the opportunity to share their life stories, to learn about the Canadian culture, traditions, nutrition, and activities that we consider truly Canadian while fine tuning their English language skills," said Rita Pulice, Life Enrichment manager at St. Joseph's Villa.

"This new mentorship program will help our international students to further develop and refine their language skills. The students and their mentors will also have the opportunity to share their customs and cultures," said Andre Mailloux, head instructor, Laurentian English for Academic Preparation Program.

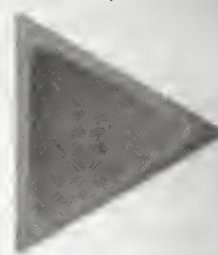
Twelve students, 9 from China, 2 from Korea and 1 from Russia, have started the program and a second session is scheduled to commence in April of this year.



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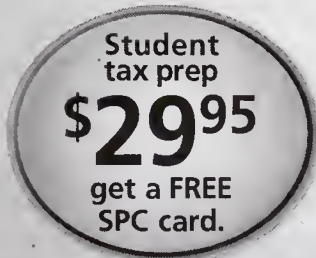


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Operation Christmas Child a great success

Ontario residents donated 264,074 shoe box gifts to needy children in 2007

In 2007, Ontario residents packed 264,074 shoe box gifts filled with toys, school supplies and hygiene items for Operation Christmas Child. These were part of a national effort that saw 661,530 shoe box gifts collected across Canada for needy children around the world.

In the next several weeks, children in Argentina, Paraguay, Nicaragua, Chile, Costa Rica, Guinea, and El Salvador will receive shoe box gifts packed by the caring people of Ontario.

The national 2007 total was about 10 percent less than the 738,079 donated in 2006, largely because the box donation deadline was set earlier than in previous years to allow more time for processing. Greg Johnson, director of Operation Christmas Child Canada, said this turned out to be inconvenient for many potential shoe box donors, so his organization will give Canadians more time to pack boxes and will work to streamline processing in the 2008 campaign.

"We are grateful for the participation of Canadians in Operation Christmas Child last year," Johnson said. "We collected enough boxes to be able to meet our international commitments, and the feedback we have received indicates that Canadians will continue to vigorously support this important program."



www.samaritanspurse.ca

Involvement in Operation Christmas Child has also been an exciting and rewarding experience for thousands of volunteers across Canada. Samaritan's Purse is already looking for volunteers to champion the 2008 Operation Christmas Child program in their home communities, workplaces, and churches. For more information, please visit www.samaritanspurse.ca/occ/volunteer/.

Operation Christmas Child is a project of Samaritan's Purse, an international Christian relief and development organization. Since 1993, Operation Christmas Child has collected and hand-delivered more than 54 million shoe box gifts to children in 125 countries around the world affected by war, poverty, natural disaster, disease, and famine. Canada is among 11 countries that donate and distribute shoe boxes to bring a message of love, hope and joy to needy children.

Sudbury Food Bank continues recovery after fire

Laurentian students and staff dug deep and provided a number of boxes of food for the Sudbury Food Bank after it was hit by a fire that resulted in the loss of 30 tons of food.

"As much as the travesty could have been devastating to the food bank, we are getting by. We are still on the edge," food bank administrator DanXilon said.

Vale Inco's fourth annual Sudbury Saturday Night saw food collected through the generosity of Vale Inco employees and Sudbury Wolves fans, along with a \$25,000 donation from Vale Inco's North Mine. Vale Inco made the donation in honour of North Mine's employees three-year safety record and recognition as the safest metal mine in Canada.

"Sudbury Saturday Night is a local tradition that gives Vale Inco a great opportunity to have fun with our employees and the community, while supporting a great cause," Fred Stanford, president of Vale Inco's Ontario Operations, said in a release.

"I commend all those who brought food items to the game and in particular our North Mine employees who through their outstanding generosity in support of the Food Bank have demonstrated again that whether it be the safety of a co-worker or the well-being of a community they lead the way in showing what it means to take care of one another," Stanford said.

Local food banks and food services currently provide an estimated 10,500 area residents with food each month.

The next big food drive in the city is Blues For Food in June

Laurentian Concert Series presents Heather Schmidt

For its sixth concert of the 2007-08 season, the Laurentian Concert Series is pleased to present a piano recital by Heather Schmidt, one of the most talented, exciting and versatile Canadian musicians of her generation. The concert will take place on Wednesday, February 13, 2008, at 8 p.m. in the Fraser Auditorium of Laurentian University. General admission is \$15 and \$10 for students and seniors. Tickets are available at Huntington University (Room 117), Black Cat Too, and at the door.

The recital consists of piano music from the 18th century to the present day, including rare performances of works by two women composers of the 19th century and compositions by Heather

Schmidt. The complete program is as follows: Three Sonatas by Domenico Scarlatti; Arabesque in C Major, Op. 18 by Robert Schumann; Two Character Pieces, Op. 5 by Clara Schumann; Sonata in G Minor and Schluss by Fanny Mendelssohn-Hensel; and Shimmer (2003) and Nebula (2006) by Schmidt.

Heather Schmidt has given solo recitals throughout North America, and has performed concerti with many Canadian orchestras. In October 2003, Heather was invited by the Governor General of Canada to perform with cellist Shauna Rolston and soprano Measha Brueggergosman as part of Canada's state delegation visit to Finland and Iceland. Awards in piano performance

include first prize in the 2001 Eckhardt-Gramatté Competition, and First Place, the Audience Choice Award, and the Maestro's Choice Millennium Foundation Award at the 2000 Canadian Concerto Competition.

In addition to a busy performing schedule, Heather was the composer-in-residence for the Hamilton Philharmonic Orchestra in Hamilton, Ontario (2002-05). She has won many prestigious national and international prizes in composition. In 2003, she was a prize winner of the Polytech Choir's 100th Anniversary Composition Competition in Finland, and was also nominated for a Juno Award for her Cello Concerto, under the category of Best Classical Composition.

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Matt Moskal
A & E Editor

Good day.

This is just a gentle reminder that today, everything is going down: Eat Your Heart Out at the Pub Down Under at 7:00 PM, Bob Wiseman and Bob Snider at the Townhouse at 10:00, and there's some kind of romantic holiday I've heard an awful lot about.

Theatre Cambrian's production of Grease continues its run at Sheridan Auditorium until the 23rd. Tickets cost \$26.50 for adults and \$21.50 for students. Pick yours up at Records on Wheels, Four Corners Independent, or Jett Landry Music.

Aaron Lines, a country recording artist of the year nomi-

nee will be playing Fraser Auditorium on February 16th, at 7 PM. Tickets cost only \$33. Get them while you can.

On the 21st, the Sudbury Theatre Centre will commence its run of Wingfield's Inferno, the latest collaboration of Dan Needles and Rod Beattie collaboration. This-man show is a continuation of the popular Wingfield series, which has included Wingfield on Ice, Wingfield Unbound, Wingfield's Folly, and several others. This production will run until March 9th. Pick up your tickets at the STC box office.

March 6th, The Mudmen will be returning to Sudbury to play The Townhouse. For those unfamiliar with the musical styling of the Mudmen, apply aspects of Celtic tunes, bagpipes and all into formulaic rock. Now place this band in a bar, buy a ticket for \$8.00 and go see them.

Enjoy your reading week.



Ian Ridsdill

Students perform in The Vagina Monologues on February 1st.

Student directed Vagina Monologues entertain, raise awareness

The Fraser Auditorium and Thorneloe Theatre hosted two performances of Eve Ensler's Vagina Monologues. Directed and coordinated by Brianne Thierman and Sarah Gartshore, the event helped raise awareness and money for Geneva House, a local women's shelter.

The Vagina Monologues gives a voice to many different women to share their personal stories and experiences. It's aim is to bring awareness and end violence against women around the globe. The

monologues are beautiful, ugly, strong and silent, perfect and profound, much like the women who are sharing their stories.

A Poignant and hilarious tour of the last frontier, the ultimate forbidden zone, The Vagina Monologues is a celebration of female sexuality in all its complexity and mystery. It has been performed in cities all accross America and Canada and at hundreds of college and university campuses, and has inspired a dynamic grassroots movement

- V-Day - to stop violence against women.

Witty and irreccerent, compassionate and wise, Eve Ensler's masterpiece gives voice to real women's deepest fantasies and fears, guaranteeing that no one who sees it will ever look at a woman's body, or think of sex, in quite the same way again.

Many thanks to the coordinators, actors and stage volunteers for putting on a great show.

Lunar Eclipse on February 20th

Total lunar Eclipse February 20th 2008
Science North 8: 30 pm – 12:20 am

The Sudbury Astronomy Club would like to invite the general public to experience a total lunar eclipse. This will be the world's last total eclipse of the moon until Dec 20th 2010. The position of this years eclipse is excellently placed for viewers in North America the moon will be flanked on either side by two bright objects. On the right Regulus the brightest star in the constellation Leo on the left by the planet Saturn whose rings and moons will most likely add to the enjoyment of this rare event. This is a free, open to the public event!

Honey you look better with every drink.



Alcohol can change the way you see things.

Limit yourself to no more than two alcoholic beverages on any drinking occasion.

For more information, call
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Music to Set the Mood

Matt Moskal

Rather than complain about a special occasion that I can't seem to beat, I'm going to lend you a hand by recommending a number of songs and movies that continually remind me that true love will find you in the end.

10 Must Download Valentines Mix CD Tracks

1. Barry White - Can't Get Enough of Your Love, Babe

You can never go wrong with a classic like this. A man nicknamed 'The Walrus of Love' can't steer you in the wrong direction, but he can hit the spot. While some may opt out for material from his Love Unlimited Orchestra days, mostly for namesake, nothing can beat Barry's bass-laden hums that give your subwoofers a work out even before the music picks up.

2. Marvin Gaye - Sexual Healing

While Marvin's work in the mid to late 70's is where the love is at, you can't follow up 'Barry White with "What's Going On"'. Gaye turns a borderline frustration into a soulful jam that the 80's were completely unworthy of.

3. Cat Power - The Moon

Meet Chan Marshall. She is like butter.

4. All Time Quarterback - Sock Hop

Reject recording quality momentarily and accept the fact that this sounds like it could have been recorded in your basement. Death Cab For Cutie's Ben Gibbard's old demos are a fantastic soundtrack for the modest valentine, handing

over that single-rose in casual dress before having her teach you how to dance.

5. The Beatles - Oh Darling

This is where McCartney hits pay dirt. The exhausted tone in his voice in a desperate plea for forgiveness tells a much better story than any folly endured by Hollywood's most elite pretty faces. Best used if plans fall through.

6. Ben Kweller - Lizzy

Years have proven that nothing says I love you like a man and his guitar. Ben Kweller addresses this idea fully with a song about longing over a great distance without coming across as heartbroken or resembling "Hey There, Delilah". Congratulations are in order.

7. Peter, Bjorn and John - Young Folks

Before it was sampled by Kanye, this was an adorable duet layered over a catchy whistle and chiming chord progression. A little Valentine's call and response sing-along wouldn't hurt anyone.

8. The Association - Never My Love

Looking for a timeless way to declare your love for another? Need a 60's pop group who wrote very little of their own material to do it for you? I thought so.

9. Otis Redding - Try a Little Tenderness

Go on, try it.

10. Feist - One Evening

Disregard how much time and money has been spent on The Reminder and get back to Let It Die, where Leslie Feist danced with Canadian rapper Buck 65 in a music video celebrating the one night encounter. If you're not with somebody you love tonight, find somebody to love.

5 Preferable Valentine's Date Movies

1. The Notebook

mathematician

1869 - Charles Wilson, Scottish physicist, Nobel Prize Laureate

1898 - Fritz Zwicky, Swiss-American physicist and astronomer

Notable Deaths

1400 - King Richard II of England (murdered)

1779 - James Cook, British naval captain and explorer

2003 - Dolly, first cloned mammal

My opinion on this movie is completely irrelevant. However, this is cat nip for chick flick enthusiasts.

2. Sixteen Candles

So maybe I was a little hasty when I called the 80's an underserving decade. At least this Molly Ringwald epic has remained timeless over two decades of pale imitators.

3. Garden State

Celebrated mostly for its soundtrack, Zach Braff's inauguration in the writer/director's seat is an interesting lesson in prescription drugs. He also falls in love with a zany Natalie Portman, which I suppose would be why it's on this list.

4. The Princess Bride

Romance does not tangle with fantasy very well anymore. That's why I've included this late 80's gem for the sake of sharing a great moment in this genre before it imploded on itself. Also, appearances by Andre the Giant and Peter Falk are hard to come by these days.

5. Eternal Sunshine of the Spotless Mind

It's not a light watch. There's a lot more going on in this movie than there appears to be on the surface. However, the underlying theme revolves around the principle that somehow our love can bind us to another despite the circumstance that we may never remember them. Adam Sandler had to resort to the using another penguin to vaguely prove this point.

Treasure the love you receive above all. It will survive long after your gold and good health have vanished.

Og Mandino

Celebrate Valentines Day with Laurentian's Student Unions!

EAT YOUR HEART OUT

Spend Valentines Day with the SGA/AGE

Time: Pasta Dinner served 7pm

Music starts @ 8pm

When: Thurs. Feb 14th 2008

Where: The PUB

Cost: \$10 per person

Must be legal drinking age.

Your Sweet Hearts for the Evening



Mandipal Jandu



David Cavan Fraser



LUS own

Stop by the LAMPS office, SCE-228 in the Student Centre, between 10:30 a.m. and 3 p.m. on February 14th. Buy a lovely rose for only \$3 or pick up some treats.

There will be door prizes draws with several quality themed prizes.

Did you know....

collected by Josh Buck

+ Saint Valentine (in Latin, Valentinus) is one of several martyred saints of ancient Rome. Of the Saint Valentine whose feast is on 14 February, nothing is known except his name and that he was buried at the Via Flaminia north of Rome on 14 February. It is even uncertain whether the feast of that day celebrates only one saint or two or more saints of the same name. For this reason this liturgical commemoration was not kept in the Roman Catholic calendar of saints for universal liturgical veneration as revised in 1969.

+ In the Eastern Orthodox Church, Saint Valentine is celebrated on 6 July.

+ The name "Valentine" does not occur in the earliest list of Roman martyrs, which was compiled by the Chronographer of 354. The feast of St. Valentine was first established in 496 by Pope Gelasius I, who included Valentine among those "... whose names are justly revered among men, but

whose acts are known only to God." As Gelasius implied, nothing was known, even then, about the lives of any of these martyrs. The Saint Valentine that appears in various martyrologies in connection with 14 February is described either as:

- * A priest in Rome
- * A bishop of Interamna (modern Terni)
- * A martyr in the Roman province of Africa.

+ The name "Valentine", derived from valens (worthy), was popular in late antiquity.

Various dates are given for the martyrdom or martyrdoms: 269, 270, or 273.

+ The official Roman Martyrology for 14 February mentions only one Saint Valentine.

+ English eighteenth-century antiquarian Alban Butler and Francis Douce, noting the obscurity of Saint Valentine's identity, suggested Valentine's Day was cre-

ated as an attempt to supersede the pagan holiday of Lupercalia. This idea has lately been contested by Professor Jack Oruch of the University of Kansas. Many of the current legends that characterise Saint Valentine were invented in the fourteenth century in England, notably by Geoffrey Chaucer and his circle, when the feast day of February 14 first became associated with romantic love.

+ While a Website of the Russian Orthodox Church Outside Russia and other sources give different lists of Saint Valentines, the Catholic Church's official list of recognized saints, the Roman Martyrology lists seven: a martyr (Roman priest or Terni bishop?) buried on the Via Flaminia (14 February), a priest from Viterbo (3 November), a bishop from Raetia who died in about 450 (7 January), a fifth-century priest and hermit (4 July), a Spanish hermit who died in about 715 (25 October), Valentine Berrio Ochoa, martyred in 1861 (24 November) and Valentine Jaunzarás Gómez, martyred in 1936 (18 September).

"The supreme happiness of life is the conviction that we are loved; loved for ourselves, or rather in spite of ourselves."

Victor Hugo

Death to Valentines Day!



What you can do on Valentines

Short Term strategies:

1. Three words ... get piss drunk. Getting drunk is an easy way to make valentines tolerable.
2. Dress in all black. Don't dress like a bum, wear nice clothes
3. Make an Anti-Valentines list of your own.
4. Stop and tell the people who are kissing, hugging on the streets to go get a room you are making me sick!
5. Inform everyone that Love Is Evil!
6. Hold an Anti-Valentines day party

Long term strategies:

1. Make many quality friends as possible. This way you won't be alone
2. Be honest to your self
3. Be honest to others; do not play the ritualistic games
4. Honestly care about people
5. Ally your self with others like you to fight evil

Breakup Songs for the Soul

The Bottom Line
Music for those who have been recently dumped of both the sad and angry variety.

There are basically two types of break-up songs: the sad and wistful heartache type and the f- you/ I deserve better type. Each has its own merits but I think a nice mix is best. You don't want to end up dehydrated from crying too much, nor do you want to wind up leaving threatening messages on your ex's voicemail. I present a few of each kind with the final ultimate break-up song at the end.

Distraught, Depressed, and Discontent

"Without You" – Dixie Chicks

As far as I'm concerned, the Dixie Chicks pretty much can do this category better than anyone else. There are so many songs to choose from but I think this one expresses the pain of breaking up the best. The line from the bridge "Somebody tell my head to try to tell my heart/That I'm better off without you" is so true. Even though you know splitting up is probably the best for both of you, you just can't let go. Runners-up for the slot of Dixie Chicks song on the list include "Cold Day in July" and "You Were Mine".

"Don't Speak" – No Doubt

While sort of obvious, it still rings true. While some of the lyrics seem very simple and kind of hackneyed (I really feel that I'm losing my best friend/I can't believe this could be the end), often that's exactly what is going on. Heartbreak isn't always deep and poetic.

"Ex-Factor" – Lauryn Hill

This song is a little less known but maybe even more powerful because of that. This is for the relationship that never seems to be working but you can't pull yourself out of. It's painful being with that person but being without them doesn't seem to work either. There is one stanza that is so great because it makes sense sort of because it is illogical:

I keep letting you back in
How can I explain myself
As painful as this thing has been
I just can't be with no one else
See I know what we got to do
You let go and I'll let go too
'Cause no one's hurt me more than you
And no one ever will
It really sums up the insanity of loving and hating someone so much at the same time.

"The Love is Gone" from Muppets Christmas Carol

I know this seems like an odd choice but go with me on this one. People often overlook the Muppets tear jerking potential but it is there. And even though this is from a Christmas movie, it is not a Christmas song. Belle sings this to the younger Ebenezer about how their love has slipped away. It is a sad "let's just face the facts" song. By the time at the end when she sings Yes some dreams come true/ Yes some dreams fall through/ And yes the time has come for us to say goodbye, Michael Caine is crying, Gonzo and Rizzo are crying, and I've teared up too.

"The Scientist" – Coldplay

I can't believe I forgot this one! It is such a sweet sad song and has a personal attachment to my last relationship (he liked it and had it as the ringer id when I called him, which I told him wasn't good because it's about a relationship ending, oh the irony!). The one line "Oh take me back to the start" is what I've been thinking for awhile now. This song fully embodies the torture of a relationship that used to be so good and somehow went sour.

Bitter, Betrayed, and Backing Away

"Song for the Dumped" – Ben Folds Five

This is the song for when the other person leaves you: it says so right in the title. The lyrics are amazingly simple (Well f*ck you too/Give me my money back/Give me my money back/you bitch) and this song provides the ultimate angry rant.

"You Oughta Know" – Alanis Morissette

Another obvious one, but one that cannot be forgotten. Everyone seemed sort of shocked by the anger and intense lyrics when this came out, but everyone seemed to relate. I relate to the song even though I wasn't dumped for someone else. To me the line "And I'm here to remind you/ Of the mess you left when you went away" is especially poignant. Especially when the other person is being a coward and trying to avoid facing you (sorry, there's my issues slipping in).

"Through With You" – Maroon 5

This is a recent find and the tone of the song is a little more upbeat than the lyrics suggest. But there is one stanza that completely sold me on the song because it completely summed up my feelings the week before we officially broke up: And I don't trust you Cause every time you're here Your intentions are unclear I spend every hour waiting for a phone call That I know will never come I used to think you were the one Now I'm sick of thinking anything at all

"King of Wishful Thinking" – Go West

This one hit wonder is a great upbeat song of denial (which sort of fits in this category). It's been going through my head over and over again this week (I don't own the song and can't find it so that's pretty much been my only choice). The lines And I deny the tears in my eyes/ I don't want to let you see/ That you have made a hole in my heart/ And now I've got to fool myself perfectly describe the process of trying to get over someone.

And finally the Ultimate Break-up Song that Defies Categorizing

"All Cried Out" – Lisa Lisa and Cult Jam with Full Force

This so is the best. Wonderfully cheesy and a bit melodramatic but is just what I need in a break-up song. It starts out with her describing how much he hurt her but finally acknowledging that she has to get over him in the Chorus: I gave you my love in vain My body never knew such pleasure My heart never knew such pain And you, you leave me so confused Now I'm all cried out Over you Then he comes back admitting he was wrong but she says she can't take it anymore and he's going to have to accept that. It's such a beautiful mix of being hurt to trying to move on and then making him feel regret at the end. The melody, like the lyrics and the singing, is over the top and makes the song absolutely wonderful.

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So how much action do you really get?

Maggie Frampton

Recently in the Canadian Maclean's magazine published an article about how much action sports fans really see on television while watching their favorite sports. After watching the NFL Superbowl championship, everyone knows it is a huge moneymaker. Estimate that over 130 millions people watched the game, the advertisement alone cost 2.7 million and the host city of Phoenix could possibly make close to 300 million. According to the article "Sleepers Bowl" written by Jay Teitel on February 3rd 2008, fans only saw 12 minutes of play. How does all this add up you may ask? Well according to Teitel an average game is 120 plays at 6 seconds each equals 12 minutes. I continued reading this article and wonder to myself is this really possible I have watched football, hockey and rugby games I never noticed that I was only watching a few minutes of action. Mickey Charles the CEO of sportsnetwork.com says the inaction time is full of replay, walking around, and dances in the end zone and up

and down the field.

Teitel explains that no only is football the only sport with a lot less action but baseball is very similar. Professional soccer rated the sport with the most action, one hour and fifty-five minutes and a total of ninety minutes of action. Golf is one sport with only a limited bit of action and it can take an afternoon to watch a game golf. More than 95% of the game does not have any action in it at all mostly commentators and advertisement.

The world of Sport has definitely changed over the past decade with more emphasis on advertisement, hype for championship games and salary increase for players and coaches. The game is still very popular with hardly any real action but the fans still have huge interest because of gambling says Teitel. Betting on games, office pools and sports lotteries are how many sport fans invest their time into the games they love to watch.

If you are interested in reading the article check out this months Maclean's issue

AQUA VEES RETURN HOME WITH MEDAL HAUL

The Laurentian Aqua Vees saved their best performances for day three of the OUA swimming championships as Vees Stephanie Kuhn and Jeff Byrne both touched the wall in second place in their respective races. The two silver medal performances combined with Kuhn's two bronze medals and men's relay second place from earlier in the weekend made the championships one to remember for Laurentian.

Kuhn (Timmins, Ont.), excelled in the 50M Butterfly as she lowered her preliminary time by almost one second. Her time of 28.89 placed her just fractions of a second behind the winner from Guelph and onto the podium for the third time this weekend. Byrne (Sault Ste. Marie, Ont.) also picked up his podium finish in the 50M Butterfly as he finished the race in 25.51, lowering his preliminary time as well.

Other strong results for the Aqua Vees were a pair of sixth place finishes by Kuhn and Kyleigh Commito (Sudbury, Ont.). In the 50M Freestyle event, Kuhn finished in a time of 27.03 while Commito finished the 800M Freestyle in a time of 9:10.69. Mike Murray (Ajax, Ont.) placed tenth in the 1500M Freestyle as he touched the wall in a time of 17:01.39, lowering his preliminary time by almost five seconds.

Rounding out the results for Laurentian was a 13th place finish by Alix Cronk (Kingston, Ont.) in the 50M backstroke, a 14th place finish by Amanda Long (Mount Brydges, Ont.) in the 800M Freestyle, a 17th place finish by Logan McGinn (Sudbury, Ont.) in the 50M Breaststroke and a 18 place finish by Valerie Testa (Barhaven, Ont.) in the same event.

The Aqua Vees return home to practice for the up-coming CIS national championships that take place in Vancouver, BC. in the near future. The participants that will be traveling to BC have yet to be determined.

Alex Graham

Voyageurs & Lady Vees Game Results

The Laurentian Voyageurs finish up a rebuilding season this Saturday night as the team travels to Toronto to play the York lions in OUA action. The match-up is the last game of the regular season for both squads, as the Lions prepare for the playoffs while Laurentian looks forward to next season.

Laurentian enters the game already mathematically eliminated from post-season play after dropping a heart-breaking one-point loss to Ryerson last weekend. The Voyageurs, sitting at 4-17 on the season have already been locked into seventh place in the standings. York on the other hand enters the game at 6-15, sitting in the sixth and final play-off spot. The catalyst for York's offence is fourth year guard Tut Ruach, who is the OUA's fifth leading scorer averaging over 18 points per night. Laurentian will look to end the season on a high note and prove to themselves they can play with the teams ahead of themselves in the standings. Paul Kovacs (Barrie, Ont.), Darrel Drake (Saginaw, MI), Omar Linder (Saginaw, MI), and Mike Raskevicius (Sudbury, Ont.) will look to end the season with a win and to begin a winning streak that can continue next season.

Game time Saturday night is 8 P.M. with the game marking the final OUA affair of Darrel Drake and Mike Raskevicius' University careers.

The Laurentian Voyageurs women's basketball team played a hard-fought game but fell just short at the end, losing to the Toronto Varsity Blues 70-69. Cassandra Carpenter (Kanata, Ont.) put in an outstanding performance for the Lady Vees playing all 40 minutes and recorded a double-double with 25 points and 10 rebounds. The Blues were led by the scoring duo of Christine Cho (Lithia Springs, Geor.) and Alaine Hutton (Hamilton, Ont.) who each had 21 points.

The Lady Vees jumped out the quicker of the two teams on the night and led 21-17 after the first quarter. The Blues made up the deficit in the second quarter, however, as the Lady Vees struggled to find the basket. The Blues outscored the Lady Vees 21-11 in the quarter and carried a 38-32 lead into halftime.

The Lady Vees looked for the come-from-behind win in the second half as the teams battled each other in a closely contested third quarter. Toronto would outscore the Lady Vees in the third 20-19 and lead 58-51 heading into the final frame. In the fourth, the Lady Vees played inspired to try and snatch the game from the Blues, but some missed shots and costly turnovers slowed them down and the final score finished 70-69.

Carpenter led all scorers with 25 points and added 10 rebounds on the night, playing all 40 minutes in her last

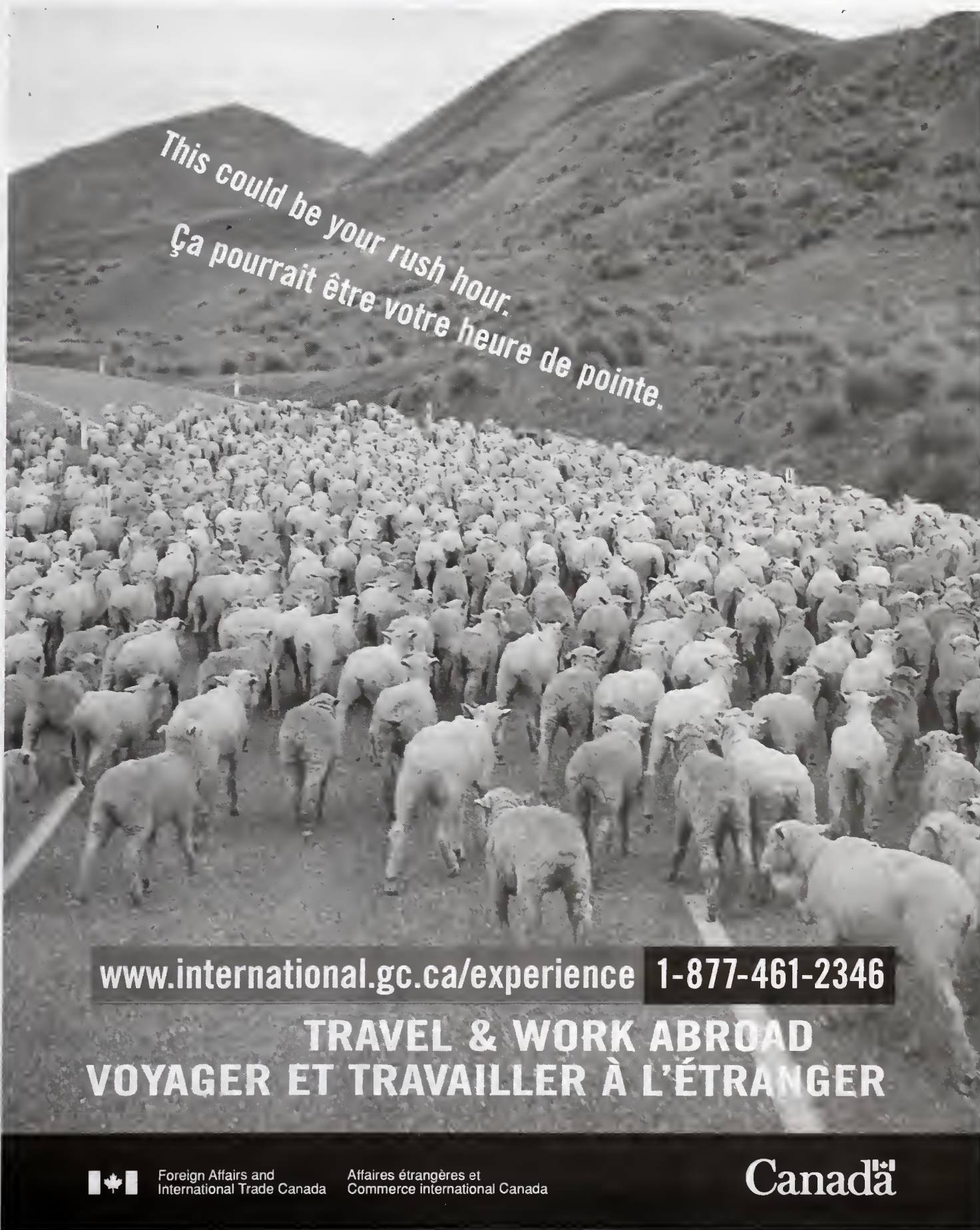
regular season game in the blue and gold. The Lady Vees also had a strong offensive contribution from Lisa Furchner (Sudbury, Ont.) who had 11 points and seven rebounds, and a strong defensive contribution from Christi Bauck (Glengarry, Ont.) who brought energy off the bench and played strong post defense in what was also her last regular season game for the Lady Vees. Cho and Hutton were the hot shooters for the Blues on the night, each scoring a team-high 21 points in the win.

"It was a very close game, we tried to make a comeback and if we had made some shots at the end we could have sent the game to overtime," said Lady Vees head coach Mike Clarke. "It was a tough way to lose."

"We know our playoff match-ups and we're looking forward to it. I think we can beat anybody in the league," he added.

The Lady Vees posted a 15-7 regular season record and now head into the first round of the OUA playoffs next Saturday night when they will take on the Ryerson Rams at the Ben Avery Gym. The Lady Vees beat Ryerson in both games this season, including a 74-62 win last night in Toronto. Tip off for Saturday night's game is set for 7 p.m.

Alex Graham
Sports Information Coordinator



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February is Heart Month



Mustafa
Abdulhusein

Well, it would seem that February is the month for everything! Great if you have a column to write. For example, there's Black history month, there's the US presidential nomination race, there's Chinese New Year, and of course: there's Valentine's Day.

Similarly, one of the less well known 'causes' that has adopted February as its own particular month is the Heart and Stroke Foundation. That's right - February is heart month! Who knew? I didn't. And judging from the batch of double fudge brownies I baked and ate over the weekend; neither did my heart. When I heard of it though, I thought it would be very fitting. After all, February is the month of the 'emotional' heart- the month of St. Valentine. So what better month to make the month for the 'physical' heart?

For those who may not know (a minority no doubt...but trust me- I can sympathize with minorities!) the heart is a vital organ, without which you would not be able to function or live. The heart is basically a sophisticated pump. It pumps your blood around to the whole body, thus delivering oxygen to all your cells. The route is essen-

tially this: heart to arteries to capillaries to veins and back to the heart. The capillaries are the areas where the oxygen and carbon dioxide transfer takes place. The veins carry blood to the heart and the arteries carry blood away from the heart.

The Heart and Stroke Foundation initiates interest in the heart and the health of the cardiovascular system in general.

A major component of their message has to do with diet. Diet is extremely important because too much cholesterol in the body will not be taken up by the cells and will remain in the blood. If enough of it remains in the blood, it will often cling to the insides of arteries- forming plaque. Plaque deposits on the arteries will cause the flow of blood to be slowed and the blood pressure to increase - meaning the heart will have to work harder. If there is sufficient plaque to cause the blockage of the entire artery, then a heart attack or stroke could result.

Bottom line? Eat a well balanced diet with as little trans saturated fats as possible. (Those double fudge brownies might not have been a great idea after all!)

Two other factors that I'd like to discuss that the Heart and Stroke foundation stresses are smoking and exercise. These two factors are among other factors such as genetic

predisposition, age and gender.

Without a doubt, we've heard it all before: smoking is bad for us. What does that mean though? Isn't eating hamburgers also bad for us? Or increasing our carbon footprint? Yes, it's true. These things are also not great for us. But smoking in particular has been singled out because the great deal of poisonous chemicals and addictive substances in a single cigarette. How is it related to cardiovascular health? Each inhalation of cigarette smoke has about 4000 chemicals - many known to cause cancer and some which cause vasoconstriction - a narrowing of the blood vessels thus the heart has to work harder. Smoking is thus regarded as more of a risk factor than cholesterol for heart disease.

The other key factor is exercise. From what I understand from the Heart and Stroke foundation literature, having a healthy heart doesn't mean having bulging muscles or a body fit enough for the Olympics. Rather, it's more about having a routine that simply gets one moving and active. Some pushups here, a flight of stairs there, and a few laps around the track from time to time.

Anyways, I hope this article has brought to attention that February is Heart Month! Stay healthy Laurentian! Wishing everyone a great Valentine's day.

for all your anti-valentine's day needs:

Penis Reduction Pills was founded in 1946 by Richard Redigo and Piccilo Verde, two men who met while fighting against Germany during the Second World War. Both men had found while marching towards Berlin that many of the area women would not sleep with them, even though they were brave and noble soldiers, and concluded that the problem must be that the women had been told by the German propaganda machine that Canadian and Italian men had freakishly large penii. Knowing this to be false, as both Richard and Piccilo (Pic, for short) were only slightly larger than average (unless it was quite cold outside), they spent many an evening drinking beer after the long days of shooting at Germans.

Eventually, they thought of a solution, one based on Richard's background as an advertising man and Piccilo's occupation before the war of swindling tourists. "Fight fire with more fire!" is how Richard put it, and the idea of placebo penis reduction pills was born. Soon, each man was up to his average-sized schlong in women, each of whom was more than happy to spend a scandalous evening with one of the two of them after learning the men had been taking their penis reduction pills.

After the war, Richard returned to the states, and soon was joined by Piccilo who convinced US immigration that he knew a lot about the German missile and space program in spite of not knowing how to speak German. The two soon

set up a small company in Duluth, Minnesota where they began advertising their "Patented Penis Reducing Pills" in the back of Popular Science.

Sales were lackluster for the first couple years, and the men survived at a variety of odd jobs. However, the dawn of the sexual revolution and rock music in the 1960s brought the topic of sex into the public sphere, and more men (and women) were willing to discuss the penis size problems.

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in large well-labeled boxes so
that the world knows you
have a huge schlong.**



Orders slowly picked up, until one day Elvis Presley was rumored to be a customer of the company (he wasn't, at the time; later sources believe his friends ordered the pills for him under false names). After this, sales skyrocketed and Richard and Piccilo were recognized as great American inventors by Time Magazine, which listed the penis reduction pill as one of the great discoveries of 1966.

Richard married his high school sweetheart, while Piccilo had a series of tawdry affairs over his life. Richard had two children, both boys, and named them Richard Redigo Jr. and Richard Redigo Jr #2. Piccilo likely had many children but was never certain. Sales jumped in 1968 when NASA revealed that the astronauts took penis reduction pills with them into space. Both men lived comfortably into the late

1970s, still running the original Penis Reduction Pills catalog service.

Eventually, calamity struck, and in this case it happened in the early 1980s, as America swung to the right with the election of Ronald Reagan, whose "America is #1" programs began to turn the tide. Suddenly, having a huge penis wasn't seen as a bad thing, and hard times fell on the company and on Piccilo and Richard. Piccilo passed away in 1984, in

New York City, under suspicious circumstances in Time Square. Richard watched his sales plummet, and the company was quietly closed in 1987. Richard died later that year, a broken man, mostly because while skiing at Vail he turned down a black rated slope on the way to his first skiing lesson.

That would have been the end of the story, except for the rest of it that came afterwards. In 2007, Penis Reduction Pills was brought back by Richard Redigo Jr #8 (the third son of Richard Redigo Jr. #2). Sales again started slow, but picked up a lot in the second week when someone accidentally ordered some off the website using a stolen credit card. The first real order came in their fifth week, and quickly sales were high enough to allow Richard to afford coffee, unless he wanted to get the venti.

General Dogsbody

Tell Laura

One of the many good things we do at Counselling and Support Programs is have placement students. We welcome students from a variety of disciplines - there is always more than enough educational work for everyone, if not enough office space.

Laura Arbour is a third year Bachelor of Social Work student who is doing her community placement here. Laura is bilingual in French and English and is working with our unit, plus the Student Associations, in two areas:



1. Laurentian Humanitarian. The goal of this endeavour is to match up students' needs with university supply. In our Student Food Bank, Laura hopes to build up - in addition to food - a stash of things like warm clothing and small kitchen appliances. She will also take requests for larger items - such as used computers and furniture - and circulate it through the university using the services of Public Affairs.

2. Student Appeals. Working with the SGA, AEF, LAMPS, GSA and the Canadian Federation of Students, Laura is happy to help students understand and effectively use the student appeal process. As well as meeting with students who want to appeal, she would like to hear from students who have been successful in their petitions, as well as those who have been unsuccessful. A student guide to the appeal process can be found at www.sga-age.ca - click on "services" and then "advocacy and appeals."

Laura's office is set up at the Student Food Bank and she will be there on Mondays, Wednesdays and Fridays. If there is anything she can help you with, do not hesitate to email Laura at lx_arbour@laurentian.ca or drop by the Food Bank. It's located on the second floor of the R.D. Parker building. If you are standing, facing the elevator, it's to your right, through the doors.

What We Can Learn from Old Beagles

Did you know that a having a daily bowl of vegetable soup could improve your grades? Note I said "could" and not

"will", but it's worth trying. Take a gander at the results of a study described in January 2005 issue of *Neurobiology of Aging*, as reported by USA Today:

The study divided 48 beagles between the ages of 8 and 11 into four groups. One group got a twice-weekly workout, a regular rotation of toys, lived in a kennel with a roommate and "went to school" to learn how to find hidden treats. Another group ate a diet rich in antioxidants, but enjoyed none of the lifestyle benefits of the first group. A third group got both the antioxidant diet and the lifestyle benefits. And the last group got no special treatment.

After two years of living in their different groups, all of the dogs were taught a trick that required them to find a treat under either a black or white box. For each it was always the same color, and all 48 dogs eventually learned that black (or white) meant a treat. But that was just the old trick.

The researchers then switched boxes. If a dog had found its treat under the white box before, the morsel was hidden under the black one, and vice versa. Now the dogs had to figure out that they were playing the same game with the colors reversed. All 12 of the dogs in the group with an enriched diet and high-stimulation environment



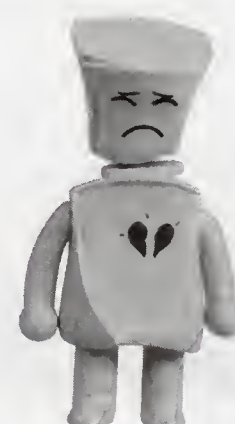
learned the new trick.

The other three groups did not perform as well. Even still, eight out of 12 dogs that ate an enriched diet alone figured it out, and eight out of 10 in the high-stimulation group solved the puzzle. In the group that got neither a special diet nor a stimulating environment, only two out of eight dogs picked up on the color reversal.

Yeah, I know it's not statistically significant and humans aren't dogs, but I think we can learn a lot from the pet food industry. Pass the Alpo (Purina product) - the one labeled Vegetable Stew.

- Jan Carrie Steven is a Counsellor at Counselling and Support Programs and a big fan of veggies.

"What I want to know is this: If love's so great, why do you fall into it? You fall into a puddle. You fall into the mud. You fall into the abyss."





Josh Buck
Science & Tech

Grey Matter

Happy Valentine's Day readers,

What a lovely day it is too isn't it? Hahaha I am just happy for the capitalist wheels that make it possible and I know tomorrow is a great day for discount chocolates and teddy bears. Being Valentine's Day and all I want to write about something that I love, awww cute and mushy right? Well not really cute nor mushy the thing that I am talking about, my love, is space, outer space to be precise. Ever since I was a little boy I have looked up at the sky and been in love. I have wanted to know the thrill of being hurled into the heavens with a giant rocket strapped underneath. To go step foot on the moon, despite what our lovely editor in chief thinks I believe we have been to the moon. To be able to go to sleep looking down on the Earth, I challenge anyone to find me a photo of the planet taken from space that does not make ones heart swoon. To be weightless and float around, to play with my food in an entirely new manner for my mom to disapprove of.

I had the chance last year to go and hear Roberta Bondar speak and it was a highlight of my year to say the least. There is a role model for all Canadians. She has been working in the field of space medicine for decades and was the first neurologist in space aboard the Discovery mission in 1992. She has been named by Times magazine as one of North America's best explorers and on top of all that she is from Northern Ontario, Sault St Marie to be exact. If anyone ever has a chance to hear a person speak I highly recommend hearing Mrs Bondar.

Aside from the few Canadians that have gone into space, there have been many on the ground that we can be proud of. Many people who work for the Canadian Space agency, many who have helped developed and build the Canadarm and the Canadarm2, both of which have been a great source of national pride. Although the company that builds the arms was recently sold to an American defence contractor we can be proud in the knowledge that it

was us who designed and built the first ones.

Last Thursday NASA successfully launched the space shuttle Atlantis to rendezvous with the international space station. It launched at 2:45 pm and those who were lucky enough to be in the right parts of Florida got to witness the awesome power of a shuttle being launched which included my jerk brother hahaha I am kidding I love him but I wish I had been in Florida to see the launch with him. I was lucky enough to see one when I was in



grade 8 and got to go to the Kennedy Space Center when I was in grade 6. Very cool place for people to go and see. Plus the astronaut food is yummy I recommend the ice cream. Anyways the launch was successful and the crew all made it safe and sound. The shuttle took up the European Space Agency's Columbus Laboratory. The European Space Agency has been waiting for since 1992 to get the new lab into outer space but it has suffered a number of delays and then the space shuttles were grounded for two and a half years after the Columbia tragedy. It has cost them 2 billion dollars and it is being attached to the International Space Station over the course of several space walks.

Now there is something I would love to do. Maybe even give an arm or a leg for. A space walk would be the single greatest thing in a person's life, well at least my life. I mean I would be scared out of my wits; I dig heights most of the time but floating, even tethered to the space station or shuttle which is not always the case. Un-tethered walks must be freaky stuff. But the view would be worth it all. I do not know how those astronauts even get anything done with that view in the background

I would be tempted to just float there and stare, well until my oxygen was almost gone. Something about seeing the Earth in all its glory like that would just make my ADD go into overdrive I would be so distracted and just keep forgetting what I was supposed to be doing. Except for the fact that I know the longer I am out there the more likely I am going to have to use that adult diaper and I mean as much as it would be worth it to use one of those to be in outer space, come on, my old age is going to have enough of those.

Also coming up on Wednesday and Thursday of our reading week aka the 20th and 21st we will be having a lunar eclipse with is going to be awesome for all to see, weather permitting of course. It is going to start around 10 pm but if you got out around 9 you will be able to see the partial stages. The next lunar eclipse is not going to be happening for another 4 years so I highly recommend going out to see this one. Grab a blanket, some hot chocolate, some good friends and drive into the country to avoid all of the wonderful light pollution (although it is not necessary). Be prepared to be amazed at the wonders that our solar system provides us with. Lunar eclipse have been amazing the world's populations for centuries giving rise to various spiritual and religious rites that many people still hold dear to these days.

Well faithful readers now you know how much I love space and if I ever win the lottery to the sum of oh about 20 or 30 million dollars I will be flying to Star City in Russia with a very large duffel bag full of cash and spend 6 months getting into shape and training to go into out space with the Russian Space Agency, plus being called a cosmonaut is a way cooler title then astronaut. So I hope you all have a good Valentine's Day and an even better reading week. I know I will.

Joshua

Bionic Contact Lenses and Female Sperm

Matt Strickland

Again this week, Quantum Dots distills some of the more interesting science stories that have been reported in the past two weeks.

Berry good looking ants

Imagine you came down with some bug and noticed that, aside from feeling a little under the weather, your abdomen was starting to look less and less like an abdomen and more and more like a giant, ripe, delicious berry! Well that's just what a newly discovered parasite seems to be able to do to *Cephalotes atratus*, a South American tropical ant. The parasite enters the ant by hiding within infected bird feces. It then migrates into the ant's terminal segment where it reproduces and starts turning the normally black abdomen into a swollen, red mass. At the same time, the ant is overwhelmed by an urge to gather food outside of its nest and a drive to hold its berry-like abdomen high above its head. Why would a dumb little nematode parasite hijack an ant into doing this? Because it greatly increases the chance of the ant host being eaten by a berry-eating bird and completing the nematode's lifecycle. This is the first example of fruit-mimicry used by a parasite.

Who needs men anyway?

Several labs around the world have reported that they're close to creating "female sperm" and, soon after, "male eggs". While sperm have always been associated with men and ova with women, researchers think that they'll soon be able to change that with some crafty stem cell work. This breakthrough could mean that gay and lesbian couples would be able to have children which are biologically their own. To do the experiments, scientists harvest stem cells from bone marrow and then subject them to a battery of chemicals and vitamins to turn them into reproductive cells. There are still some major hurdles before either men or women are eliminated altogether. Men, for example, would still have to find a surrogate mother to carry the fetus and give birth to the baby. Women-women couples, in the meantime, could only give birth to female children since their cells contain only X chromosomes. Don't worry gentlemen, it's unlikely that guys will become fully redundant anytime soon—at least not while there's oil to be changed, remote controls to be monopolized, and anniversaries to be forgotten.

Couch potatoes age faster

Being lazy in your free time could make you ten years older

biologically than someone who is regularly active. A group of researchers looked at the DNA of 2400 twins to see if the length of their telomeres varied with how much exercise they did. Telomeres are the end caps of your DNA strands and generally shorten everytime they're involved with a cell division. You're born with nice, long telomeres and by the time you die they've been reduced to little stubs—a kind of chromosomal count-down clock. Sure enough, the scientists discovered that people who exercise in their spare time had significantly longer telomeres than those who didn't. The catch, however, is that individuals with labour-intensive jobs didn't get the same effect. Since the sweat has to come from a form of leisure, it may actually just be psychological stress that's the key element to speeding up the count-down clock. Either way, perhaps this will finally give couch potatoes a reason to get up from the TV and start heading for the trails and treadmills—it's not like the drastically reduced risk of obesity, diabetes, cancer, heart disease, autoimmune diseases, gallstones, and depression which we already know come with exercise were enough, right?

Television contact lenses

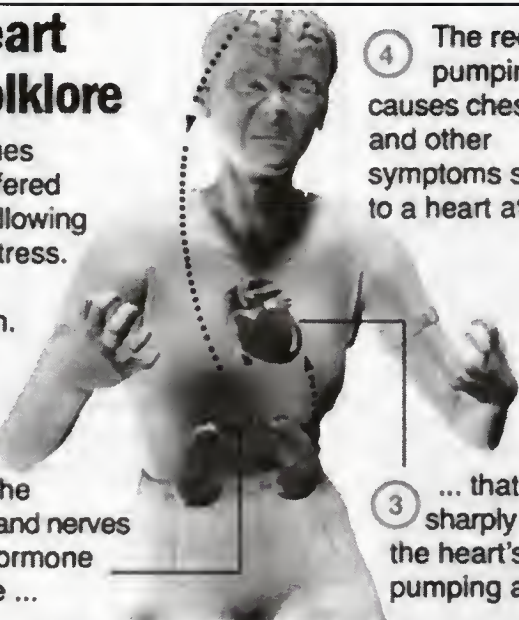
Engineers at the University of Washington have, for the first time, combined a safe, flexible contact lens with printed circuitry and miniature lights. The technology is still rudimentary but it means we could soon be walking around with computer-driven information superimposed over our field of vision. Pilots could always find crucial data about their flight paths, Academy Award presenters could stop relying on fixed teleprompters, you could watch Seinfeld reruns without ever turning on a TV, and video gamers could immerse themselves in virtual worlds. Researchers are also suggesting that this same technology could lead to contact lenses that can zoom-in and zoom-out—serve as binoculars or microscopes—essentially giving the wearer bionic vision. And no, to all you creepers, researchers have not yet discussed the possibility of adding an x-ray vision feature.

A broken heart is not just folklore

A new study examines 19 patients who suffered cardiac problems following sudden emotional stress. The study offers a possible explanation.

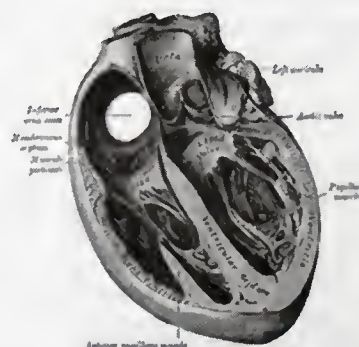
① Grief or fear is experienced ...

② ... stimulating the adrenal glands and nerves to produce stress hormone including adrenaline ...



④ The reduced pumping causes chest pain and other symptoms similar to a heart attack

③ ... that can sharply lower the heart's pumping ability



I want to give you this

(please don't puke)

Students admit abusing study drugs

Jessica Hollows
The McGill Daily
(McGill University)

MONTREAL (CUP) -- When David*, a political science student, is preparing for an exam, he will study all night and then pop an Adderall or Ritalin in the morning. He says they make him feel prepared for the test.

"It gives me a sense of calmness. It gives me self-confidence. It feels as if I had studied two weeks in advance and had gotten a full night's sleep before the exam," David said.

David, who does not have a prescription for Adderall and gets his pills from friends or dealers, says his success at McGill University depends on the use of the drugs.

"Study drugs are indispensable to my academic career and its successes. I depend on them to achieve results that are otherwise unobtainable," he said.

Yet he insists it is fair that he uses the drugs, since everyone at McGill in theory has access to them.

"Everyone has – or could have – access to study drugs, and they voluntarily choose not to take them, so it is not unfair for me to take them," David said.

In fact, McGill University's rules on academic integrity do not forbid the abuse of prescription drugs for academic purposes.

Linda Jacobs Starkey, Associate Dean of Students and Chair of the Academic Integrity Subcommittee of Committee on Student Affairs, was surprised to hear that use of psycho-stimulants was popular among students.

"Using psycho-stimulants to enhance academic performance would not fit into present definitions of academic offences," Starkey said.

But many students are dis-

concerted by the widespread use of psycho-stimulants, as they could affect class averages and grade standards.

"It's fine to say that everyone is free to make their own choices, but ultimately these choices are going to affect me," said Clementine Roberts, a mathematics student.

"[These students] claim that their actions affect only themselves, when they are actually instrumental in heightening the unrealistic academic standards that drove them to take the drugs in the first place."

Starkey said that the prevalence of study drugs has been "flying under the radar" at McGill and other schools in North America. She noted that amphetamines such as Adderall have not been included in recent risk behaviour surveys.

"If data shows that [study drugs] would provide an unfair academic advantage, we would need to think about it," Starkey said.

But David – and others at McGill who also asked to remain anonymous – insisted that frequency of abuse of prescription drugs is high at McGill, and that many use the drugs to improve academic performance.

"I do think there is a subculture of study drugs and alternative means to conventional study, and that many people have bought into it," he said. "Among my personal group of friends I would say that just about everyone is and has used study drugs for those very purposes."

According to students interviewed, students often purchase study drugs in McGill's library and residences, but the pills are easy to obtain almost anywhere. At McGill, the drugs usually sell for between \$3 and \$10 a pill, and during exam period, they are sold in bulk.

Francis*, a McGill student

who sells drugs – though not prescription drugs – to the McGill community, said the demand for prescription drugs is particularly strong among engineering students.

He added that although he would be hesitant to sell hard drugs like cocaine or ecstasy, he would consider selling psychostimulants to students.

"I would sell Concerta or Ritalin, because I'd be doing a service to other students, who are so mentally exhausted," he said.

Dr. Norman Hoffman, Director of McGill Mental Health Services (MMHS), said that, while the abuse of psychostimulants was a problem, the drugs may not improve academic performance.

"Grades do not improve with the use of psycho-stimulants," he wrote in an email to The Daily. "[Study drugs] give the illusion of greater functioning more than actually improving performance."

Hoffman suggested that students who rely on such drugs may have difficulty coping with the demands of a job when they enter the workforce.

"Drugs can give students an unfair advantage over the short term, but users' overall functioning and ability to learn will be impaired by dependency on these drugs," wrote Hoffman.

Psycho-stimulants – such as Adderall, Ritalin, Dexedrine, and Concerta – are generally prescribed to people with Attention Deficit and Hyperactivity Disorder (ADHD), a neurological disorder, and less frequently to patients with narcolepsy, chronic fatigue or depression.

According to Denise Rochon, a psychiatrist at MMHS, possible side effects of the drug include high blood pressure, insomnia, decreased appetite and weight loss, gastrointestinal upset, headaches, and – most fre-

quently increased anxiety.

For some, it could trigger a manic or hypomanic episode or psychosis – a lack of contact with reality, including paranoid disorders. It can also lead to sadness and irritability, especially as the effect of the drug wears off.

David says he does not experience any side effects – and added that he is careful to use the drugs in moderation. But he added that many of his friends take the drugs "in enormous and irregular dosages, and build up their tolerance so that 25 milligrams of Adderall has no effect."

McGill psychiatrists insist that they try to curb the frequency of prescriptions.

Rochon said many doctors are uncomfortable diagnosing patients with ADHD, since the potential for abuse is high.

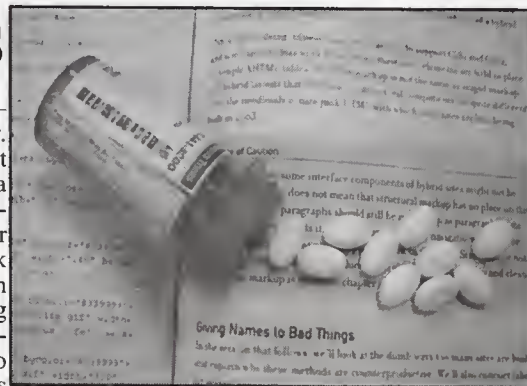
"Many doctors, including psychiatrists, feel uncomfortable in diagnosing ADHD and especially in treating it with stimulants, being very fearful that patients will abuse or sell their drugs," she wrote in an email to the Daily.

But David said students frequently manipulate the system – and that he would do so, as well, if the drugs weren't so easily obtainable from other sources.

"[Drug dealers] either increase their dosage so they can distribute to others, or decrease their dosage and take a toll on their personal mental health in order to profit," he explained.

He gets his drugs from friends who have renewable prescriptions.

"I would get my own prescription, but [the drugs] are so easily accessible that I do not



need to take those measures," David said.

Still, it's unclear whether the McGill community has grasped the prevalence of prescription drug abuse, or the extent to which students feel intense pressure to succeed on their GPAs.

Starkey recommended that students who feel academic pressure use MMHS or counselling services to lessen stress.

"University is the time to set work habits for the future," Starkey said.

Rochon said that one way to curb use of the drugs was to encourage psychiatrists to prescribe slow-release capsules instead of short-acting pills whenever possible.

"Most people who abuse meds are not that patient," she wrote. "There is no doubt that a greater use of longer-acting meds would diminish the amount of abuse."

But until such changes are made, David and other students at McGill say they will continue to use study drugs to up their marks.

"I am personally an opportunist. I will do anything to further my position in society, and do anything possible to maximize the grade I receive on a final exam," David said.

*Starred names have been altered.

– with files from Stacey Wilson

This Week at the Townehouse

Don't miss the two BIG shows coming up... something for the Folkies, Something for the rock and roll people! There is a lot of good music coming... don't miss it... it will pass the Winter away quickly! Thank-you for supporting live music in our community.

www.thetownehouse.com

Bob Snider/ Bob Wiseman - Thursday February 14th - 8:00pm - \$10.00 adv/ \$15.00 door

Edwin / Low Level Flight - Friday, February 15th - 10:00pm - \$20.00 adv/ \$25.00 door (subject to availability)

Thursday, Feb 7th - The Saltcoats - \$4.00 at the door

This band has trimmed down a bit but get tighter each time we see them... Three months into their life as a band, these musicians have really started to blend well. Of course, there is history here. With the Saltcoats... there is more history being made. One afternoon, back in the Fall of 2007 Will Gillespie had a vision. A vision of a band. He shared this vision with friend and musical comrade Antoine Tremblay, and over the next weeks realised the vision as the SALTCOATS.

Bringing in old musical partners Andre Chretien and Eric Hoop, who he'd met and played with years earlier at a folk festival, Will now had the finest, most tasteful and dynamic rhythm section Sudbury had ever seen. But something was missing: fine musicians as these men were, they did not sing and play at the same time. Also brought to the table was the effortless charm and natural talent of Julie Houle, a talented and versatile performer in her own right, part of the Houle dynasty, one of the most gifted musical families around. Once the five of them played together a light came on. This was the sound Will Gillespie had been trying to make for years. Part Folk, Jazz, Blues, Country, Soul and all Saltcoats.

Friday, February 8th - The Spades, The Havocs - \$5.00 at the door

A great night of rock and roll without borders... The Spades take on Crazy Horse and The Heartbreakers energies and mix it up with Peterborough, modern living and hanging out at a Townehouse style joint down there called The MoHo... and just as Crazy Horse would be the crazy Canadian cousin of The MC5... we're all pretty sure that the pairing of The Spades and Sudbury's garage trio, The Havocs will have much the same effect. Both bands strive on being bent and having a freight train full

of energy. Here's the Spades in their own words... The Spades are a rock'n'roll band based on craft not gimmick. They live and breathe the music that they play. Their sound could be described as a bit of a throw back to 70's rock and roll, however theirs is an original sound. As a three piece they are a force to be reckoned with. In their early twenties, The Spades have their energy in all the right places. Singer/guitarist, James McKenty, released the critically acclaimed solo album "Restless Soul" in 2001. Garnering much CBC/Campus radio airplay across Ontario. With The Spades his presence has been called pure electric, blasting frantic guitar solos and singing with passion. James combined with Winchester Street (Drums) and Chachi Robichaud (Bass) create The Spades. Winchester has been honing his drumming chops by playing professionally in bars from an early age. His is a raw bombastic sound. Chachi's playful nature on stage guarantees a good time had by all. Based out of Peterborough the band frequently tours across Ontario.

Both of the Spades albums are out of print, however they have printed up a special, from the stage only, pressing of the two albums together... they are also currently back in the studio to record their third album.



HOW COULD I KNOW IF YOU REALLY LOVE ME, UNLESS I AM DIFFICULT, AND YOU STAY?

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Lambda circulates 2,200 copies
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to circulate our paper at their
establishments.

Williams Coffee Pub
The Townhouse Tavern
Black Cat Too!
Regent Street Residence

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of, by and for the students of
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Include your full name and
student number. Please keep
articles to a maximum of 700
words. Lambda reserves the
right to edit for content
considered sexist, racist,
homophobic, heterosexist, for
length, or legal purposes.
Letters of a harassing or
slandorous nature will be dealt
with by the proper authorities.

ADDITIONALLY...

Lambda is produced in large
part with the help of kombucha,
pilates class at the Y, and orange
post-it notes. Lambda is going
on strike if Christian doesn't
win Project Runway. Special
thanks to Kayla Turpin for
being so amazing at Vagina
Monologue stage lighting.

Public Displays of Affection = awful

Important V-Day note: Monogamy is a myth. So there.



EQIIOI-1U-CP16t
Alex Taylor

Not trying to be a bitter betty
here, but seriously, Valentines
Day? People still celebrate this
crap? Do you own stocks in
Hallmark?

Let's talk about the sweet,
sweet pain of heartbreak.
Heartbreak is like childbirth -
When we go through it, we swear
up and down that it was the worst
decision ever and we'll never do
it again. Then somehow our
brain does that selective memory
erasing and we fall in love again.
Worst idea ever? I think so!
Human existence would be much
more effective if our hearts actu-
ally broke every time we were
hurt. "Oh, yeah I think you're
completely lovely, but my heart's
already in four pieces and I'll
probably die if we break up.
Sorry, have to survive and all
that."

On second
thought, I think
those words have
actually come out
of people's
mouths already,
but that's not the
point. It's obvi-
ous that no one
will ever find
happiness so why
do we ever both-
er! Forget this!

And don't
even get me start-
ed about all the
country songs like
Dierks Bentley's
'Free and Easy' -
Dierks, I'm
thrilled that your
life is so super
fantastic but things are a bit more
difficult when you're in love with
someone who doesn't know you
exist. Stop rubbing it in my face
that you're unattached and slut-
ting around.*



truly,
madly,
unimaginatively

meish.org/vd

be my anti-valentine

Jeez, being this negative is
exhausting. How did I ever make
it through my teen angst phase
with friends?

Cheer up, emo kids, no one's
forcing you to celebrate anything
- I can't speak for anyone else,
but I love you, I promise.

Good Riddance,
-Alex

*Dierks Bentley is actually a very
lovely person

Letter to the Editor: And what about Laurentian....?

Recently the Maclean's mag-
azine published an annual article
regarding the recent trip that
Queen's University students trav-
eled to Ottawa for their annual
Model Parliament. Laurentian
University have been attend
Ottawa for their annual trip to the
House Commons for their annual
Model Parliament but only does
Maclean's care to mention the
smaller university from the North
every once in a while. Last year

Maclean's published an article
comparing the two Model
Parliaments making Laurentian
look like amateurs and Queen's
being the experts. Queen's stu-
dents constantly have access to
politicians and political figures.
Laurentian has often a hard time
making contacts with people in
Ottawa. Queen's has fostered
many of today's politicians and
many of their children attend
Queen's as well. This does not

mean that Laurentian does not
deserve the credit as well.
Laurentian does not receive the
recognition it deserves especially
the political science department
that is able to help fund this large
trip to Ottawa. Laurentian stu-
dents take months to prepare for
this event and present amazing
speeches but Maclean's rather
recognize that the Queen's Model
Parliament Premier Minister this
year was an NDP leader who was

able to reproduce the famous
Jack Layton hand chop. I think
Laurentian stands out for their
annual Model Parliament and
Maclean's magazine needs to
take a look now and again not
only at Queen's University but all
other universities in Canada and
maybe give them the credit every
once in a while but then again
how many people know where
Laurentian is actually located.
-Maggie Frampton

Nothing says
"I love you"
like saturated fat
and slutty lingerie.

meish.org/vd

be my anti-valentine

CUE THE EMO LYRICS!

DASHBOARD CONFESSIONAL "Screaming Infidelities"

I'm missing your bed
I never sleep
Avoiding the spots where we'd
have to speak,
And this bottle of beast
is taking me home

[1.]
I'm cuddling close
To blankets and sheets
But you're not alone, and you're
not discreet

Make sure I know who's taking
you home.

I'm reading your note over again
There's not a word that I compre-
hend,
Except when you signed it
"I will love you always and forev-
er."

[2.]
Well As for now I'm gonna hear
the saddest songs
And sit alone and wonder
How you're making out
But as for me, I wish that I was
anywhere with anyone
Making out.

I'm missing your laugh
How did it break?
And when did your eyes begin to
look fake?
I hope you're as happy as you're
pretending.

[1.]

I am alone
In my defeat I wish I knew you
were safely at home

I'm missing your bed
I never sleep
Avoiding the spots where we'd
have speak, and
This bottle of beast is taking me
home.

[2.]
Your hair, it's everywhere.
Screaming infidelities
And taking its wear.
[Repeat Four times]

TAYLOR SWIFT "Teardrops On My Guitar"

Drew looks at me, I fake a smile
so he won't see
That I want and I'm needing
everything that we should be
I'll bet she's beautiful, that girl he

talks about
And she's got everything that I
have to live without

Drew talks to me, I laugh cause
it's so damn funny
That I can't even see anyone
when he's with me
He says he's so in love, he's
finally got it right,
I wonder if he knows he's all I
think about at night

[Chorus:]

He's the reason for the teardrops
on my guitar
The only thing that keeps me
wishing on a wishing star
He's the song in the car I keep
singing, don't know why I do

Drew walks by me, can he tell
that I can't breathe?
And there he goes, so perfectly,
The kind of flawless I wish I
could be
She'd better hold him tight, give
him all her love
Look in those beautiful eyes and
know she's lucky cause

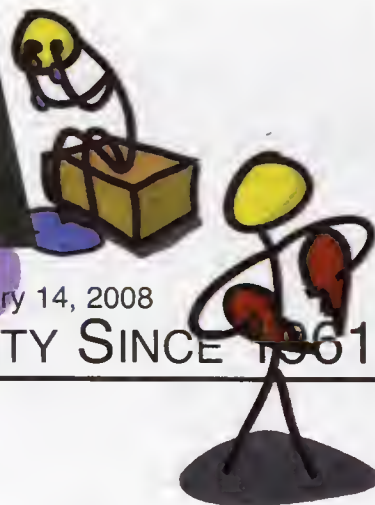
[Repeat Chorus]

So I drive home alone, as I turn
out the light
I'll put his picture down and
maybe
Get some sleep tonight

He's the reason for the teardrops
on my guitar
The only one who's got enough
of me to break my heart
He's the song in the car I keep
singing, don't know why I do
He's the time taken up, but
there's never enough
And he's all that I need to fall
into..

Drew looks at me, I fake a smile
so he won't see.

LAMBDA



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PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961

**Nothing says
“I love you”
like dead vegetation
and fat-saturated
sugar products.**

**One day
in February
isn't special.**

Truth behind Valentines

The primary motive behind Valentines is money. And plenty of it! Hallmark is cleverly cashing in on the sales of Valentines Day greeting cards. The same with people who sell flowers, Candy and cute cuddly bears. They all do this under the guise of something called Love.

They do this while making single people feel sad, degrading them. Society forces you to feel inadequate and less of a person because you are not involved in a "relationship". They alienate you because you choose to be celibate. They ostracize you because you are content with a romantic less relationship. They surround you with sickening displays of kissing, cupids, hearts, and public displays of affection until it forces you to puke!

Valentines has a bad effect on the general population of the human race. For example, instead of pleasantly surprising someone you care. People now expect gifts to be exchanged in a Valentine's ritual. Giving gifts to make someone feel special should have personal motives (motives of honestly trying to make that person feel good) not a ritual because society and people around you expect it.

When it comes down to it Valentines is a overrated capitalistic invention by Hallmark to make money with sick side effects of lowering self-esteem of many individuals.

But you are.

**Valentine's Day
SUCKS**

*NB: I'm only saying this because I'm single and bitter. If I was in a relationship, I'd be hearts-and-candy-tastic. I assure you.

You'll do.

**Happy
Thursday**

(I don't need an official day to tell you how I feel)

meish.org/vd

**Nothing says
“You're special”
like a mass-produced
sentiment written by
someone else.**

Like, er, this one.

be my anti-valentine

Loving V-Day? Flip it over!